

California Rainbow Taco with Mic-kale Obama Slaw and Barack-amole

Makes: 4 Servings

"I was inspired to make this recipe because my family makes bland tacos," says Aria. "I took leftover BBQ pineapple, tomatoes, orange peppers, and red onions and made a taco with them. I added grilled fish and I made a guacamole yogurt sauce to give it a strong taste. This dish makes my mouth water. You rock, Mrs. Michelle Obama!

P.S. This is gluten free! My granddad has Celiac so I try to eat gluten free, too, in his honor."

Ingredients

For the Tacos:

- 1 tablespoon** vegetable oil
- 1 cup** fresh pineapple, cut into 1-inch chunks
- 1** red onion, peeled and cut into 1-inch chunks
- 1** orange, red, or green bell pepper, seeded and cut into 1-inch chunks
- 24** cherry tomatoes
- 2** fresh tilapia fillets
- 8** corn tortillas
- 1/2 cup** low-fat Mexican cheese blend

For the Slaw:

- 1/2 cup** shredded cabbage
- 1/2 cup** finely chopped kale
- 1/4 cup** peeled shredded carrots
- 1/4 cup** fresh cilantro
- 1/4 cup** red onion, peeled and diced
- 1 tablespoon** vegetable oil
- 3** limes, juiced
- Salt and pepper to taste

For the Dip:

- 2** avocados, pitted
- 1 cup** yogurt
- 1** garlic clove, peeled and minced



Nutrition Information

Nutrients	Amount
Calories	482
Total Fat	22 g
Saturated Fat	5 g
Cholesterol	34 mg
Sodium	305 mg
Total Carbohydrate	55 g
Dietary Fiber	11 g
Total Sugars	17 g
Added Sugars included	N/A
Protein	25 g
Vitamin D	2 mcg
Calcium	395 mg

Directions

1. **Grill the veggies and fish:** Grease the grill lightly with vegetable oil to prevent sticking and preheat to medium-high. Place the fruit and veggies on 4 skewers, alternating the pineapple, onion, bell pepper, and cherry tomatoes. Cook the veggies and fish, turning once, about 5 minutes per side, or until cooked through and browned on the outside.
 2. **Meanwhile, make the slaw:** In a large bowl, combine all the slaw ingredients and mix thoroughly.
 3. **Make the dip:** In a blender or food processor, combine all the dip ingredients. Blend until just mixed, then season to taste with salt and pepper.
 4. **Warm each tortilla in a frying pan over low heat.** Flip then sprinkle with 1 tablespoon of cheese and heat until the cheese melts. Place each tortilla on a plate and top with ¼ piece of fish and a few grilled vegetables. Top each with 1 big spoonful of cabbage slaw, drizzle with Guacamole-Yogurt dip, roll up, and serve.
- The 2015 Healthy Lunchtime Challenge Cookbook